Attorney's Docket No. K&A 22-0700

Client's Docket No. 14231

ABSTRACT OF THE DISCLOSURE

A portable exercise system for providing convenient weight training and exercise equipment. The portable exercise system includes a main housing assembly having at least one bladder member designed for being filled with water to provide weight; and a coupling assembly operationally coupled to the main housing assembly, the coupling assembly being designed for selectively securing the main housing assembly to a torso of a user.